

Sprout Magic

Sprouts are among the most nutrient rich foods on the planet, and the most delicious!

Sprouts have 10 times the amount of Glucoraphain of other plants - which is an enzyme that protects the body from cancer. Packed with vitamins and minerals, here are some of the health properties of sprouts:

- Uniquely high living enzymes & fiber content aids digestion, speeds metabolism, promotes weight loss
- Boosts blood circulation
- Improves eyesight
- Heart healthy
- **PROTEIN PACKED!**
- Anti-aging, stronger hair & nails, glowing skin sprouts for beauty!



**Mung
Sprouts**



**Sunflower
Sprouts**



**Alfalfa
Sprouts**



**Pea
Sprouts**



**Lentil
Sprouts**